



Republic of the Philippines  
**Department of Education**  
REGION IV-A CALABARZON  
**CITY SCHOOLS DIVISION OF BIÑAN CITY**

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**SECOND QUARTER**  
**HEALTH OPTIMIZING PHYSICAL EDUCATION 3**  
**WEEK 3-4**

**INTRODUCTION:**

Etiquette is the set of conventional rules of personal behaviour in polite society, usually in the form of an ethical code that delineates the expected and accepted social behaviors that accord with the conventions and norms observed by a society, a social class, or a social group.

**Safety** is the state of being "**safe**", the condition of being protected from harm or other non-desirable outcomes. **Safety** can also refer to the control of recognized hazards in order to achieve an acceptable level of risk.

Physical activities like dancing and exercise needs someone to be careful and be safe.

Here are some of the proper etiquette and safety in the use of facilities and equipment.

1. Take care in using facilities and equipment. In consideration of the school's effort and of other students who will benefit from using the facilities and equipment, it is in good form to handle them with care and use them solely on their purpose.
2. Only use equipment that you already know how to use do not leave or pass on equipment that is in complete disarray or dirty.
3. Be alert and aware in the training area.
4. In performing exercises and movement in general practice good form first. Make sure to have warm up and cooling down before and after exercise.
5. Bring back all equipment in place after use.
6. Do not hug the equipment.
7. Return the equipment properly or leave the venue clean. Doing the exercise in improper form deficit it's benefits. Do not monopolize the equipment. Allow everyone a fair use of the facilities.



8. Check yourself. Practice proper hygiene and care. Take a bath or a deodorant if needed. Do not force yourself to engage in physical activities if you are feeling sick.
9. Move on the double, do not loiter around the venue or hang on the equipment doing nothing.
10. Be nice as a general rule.



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